

# St. Edward's Catholic School



## **KINGS**

Policy Handbook

2021—2022

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Dear Families,

Welcome to St. Edward's Catholic School, it is truly a privilege to educate your children. Students will be educated in a Christ-centered atmosphere focusing on the spiritual, physical, academic, and emotional needs of your child. Our staff feels blessed to serve God in the capacity that we do—assisting you in the academic and spiritual education of your children. Parents are the first educators of their children, and we look forward to entering into a partnership with parents in the education of your children.

God Bless and have a great year,  
Julio Vicente, Pastor  
Joshua Falce, Parochial Vicar  
Angela Hild, Principal

### **Philosophy Statement**

Our philosophy is to bring students and their families closer to Christ and His love. The basis of this growth begins in the home, continues in the home, and is enhanced in our school. Our school strives to be alive with truly practiced Roman Catholic teachings. We are committed to the formation of responsible Christians who are prepared for their future responsibilities to church, family and community. By providing an excellent academic program, we encourage the development of the God-given talents and gifts of each individual.

## **School-wide Learning Expectations:**

### **Pastoral Formation:**

- 1) A St. Edward's student contributes time, treasure, and talents to the service of God and others.

### **Spiritual Formation:**

- 1) A St. Edward's student actively participates as a community in liturgy, the sacraments, devotions, and prayer.
- 2) A St. Edward's student acknowledges that God has given life for a purpose, and strives to know and fulfill the Father's plan.

### **Human Formation:**

- 1) A St. Edward's student shows respect for self and others in actions and words.
- 2) A St. Edward's student exhibits interpersonal skills through collaboration while contributing to a common goal.

### **Intellectual Formation:**

- 1) A St. Edward's student accepts responsibility for own learning and behaviors.
- 2) A St. Edward's student exhibits work ethic through perseverance, study habits and a desire to produce high-quality work.

## Canon Law regarding Catholic Schools:

**Can. 796 §1** Among the means of advancing education, Christ's faithful are to consider schools as a great importance, since they are the principal means of helping parents to fulfill their role in education.

**§2** There must be the closest cooperation between parents and the teachers to whom they entrust their children to be educated. In fulfilling their task, teachers are to collaborate closely with the parents and willingly listen to them; associations and meetings of parents are to be set up and held in high esteem.

**Can. 798** Parents are to send their children to those schools which will provide for their Catholic education. If they cannot do this, they are bound to ensure the proper Catholic education of their children outside the school.

**Can. 800 §1** The Church has the right to establish and to direct schools for any field of study or of any kind and grade.

**§2** Christ's faithful are to promote Catholic schools, doing everything possible to help in establishing and maintaining them.

## **School Advisory Board**

The St. Edward's Catholic School Advisory Board consists of seven members who have been appointed by the Pastor or have been elected by the Parish. The school board operates in an advisory capacity to the Pastor. School board meetings usually take place on a monthly basis. Visitors are welcome to school board meetings, and at the start of each board meeting, there is an opportunity for them to give the school board input. Persons desiring a spot on the agenda should contact the principal at least one week prior to the meeting.

## **Accreditation**

St. Edward's Catholic school is accredited nationally with the Western Catholic Educational Association and the North Western Association of Schools and Colleges. National guidelines must be followed and maintained to keep this status, including on-site evaluations of all aspects of the school program and an annual report to the diocese on progress made on all goal areas.

## **Curriculum and Instruction**

St. Edward's curriculum is aligned with the State of Idaho Learning Standards, as well as the Diocesan Learning Standards. In addition, a full class period each day is devoted to instruction in the Catholic faith. First Reconciliation and First Communion preparation are part of the second grade curriculum. The school also participates but is not limited to the following State summative testing: IRI (grades K-3), and MAP Test (grades 2-7). Students in grades 1-4 receive instruction weekly in art, physical education, and keyboarding/computers.

## Entrance Requirements

In order to enroll a student, the following information must be presented:

1. Legal birth certificate (hospital records will not be accepted)
2. Up-to-date immunization records or Idaho waiver
3. Name and address of previous school
4. Baptismal certificate is required for sacramental preparation before receiving the sacraments of Reconciliation and First Communion.
4. Completed registration packet and registration fee

**Students entering Kindergarten must be five years old by September 1<sup>st</sup> of the school year they enter.**

## Admissions Policy

The following criteria will be used to determine admission in the event of a full class:

1. Continuing students entering Pre-K and above.
2. Students with immediate family members already enrolled in the school.
3. Catholic children of families where at least one parent is a registered member of St. Edward the Confessor Parish.
4. Children with proof of Catholic baptism and/or one or more parents/guardians are a registered member of a Catholic parish.
5. Date of registration/waiting list.

Students currently attending St. Edward's will be sent home registration packets in the spring and given the opportunity to register. New students will be placed on a waiting list until spring registration ends, near the end of May, at which time the above criteria will be used to fill any openings available. After summer registration begins, near the beginning of June, openings will be available on a first-come, first-serve basis.

Parents who haven't met all the school requirements for continuing students, without making adequate arrangements with the school, will forfeit their student's admission. Parental requirements include but are not limited to the following: payment of tuition, fees (lunch, library, etc.), and completion of service hours, etc.

### **Registration Policy**

Registration for continuing students will begin in the spring. New students entering grades Preschool-5 will begin in March as well. Please note that new students can be placed on the school's waiting list anytime throughout the year. Students with tuition accounts in arrears will not be allowed to begin the new school year until those accounts have been made current. A student's reservation in a class cannot be held until payment has been received, unless an arrangement has been made with the school's administration. **Registration fees are non-refundable.**

By registering your child at St. Edward's Catholic School, a parent/guardian agrees to abide by all policies, regulations and rules of the school.

## Tuition Payment Policy

Tuition is due on the 15th or 25th of each month based on your plan. There is a 3% discount if full payment is made for the trimester prior to the beginning of the trimester and a 5% discount if payment is made for the full year by November 1st. Payments will be remitted to FACTS Tuition Management.

Failure to remain current on tuition payments will result in the following arrangements:

- Accounts are considered past due after a missed payment of that given month. Late fees may apply as necessary.
- Complete payment of the overdue amount must be made.

**Failure to set up the above mentioned payment method will result in your student being unenrolled.**

**All accounts, including tuition, must be current at the end of the semester. An unpaid balance will result in the inability to register for the next trimester, until accounts are current.**

***Enrollment may be terminated if accounts are more than 60 days past due.***

## St. Edward's Uniform Policy

A clean and neat appearance enhances a child's dignity and promotes appropriate behavior. Uniforms allow for a student to focus on academics, rather than dress, because it helps to eliminate competition for expensive and trendy clothing. It is also helpful to parents, as it is cost-effective and often eliminates early morning arguments regarding school apparel. Parents are encouraged to call the school office if a particular item of clothing is in question. A brochure and order forms for various uniform companies can be acquired at the school office.

### Regular Week Uniform Top:

**(Please buy polyester blend not cotton)**

- Navy blue or white 2-3 button polo shirt either short or long sleeve.
- Solid turtlenecks or mock turtlenecks in white or navy blue.
- Solid navy blue or white cardigans, sweatshirts, fleece vests, cardigan vests and pullover sweaters are allowed to be worn over a uniform shirt.
- No logos, stripes, patterns or embellishments other than an approved St. Edward's monogram.

### Bottom: (please buy polyester blend not cotton)

- Boys - Solid navy pants or shorts. Navy blue dress type pants (cargo pants or shorts with external pockets are not acceptable).
- Girls - Solid navy pants and shorts, solid navy or Kirk plaid skirt, skort or jumper. Solid navy leggings or tights may be worn under a skirt, skort or jumper (no sweatpants).

- Shorts, skorts, skirts, and dress/jumpers must be longer than mid-thigh preferably close to knee length.
- Blue jeans are not allowed. No oversized or baggy, low-rise, skinny, or full elastic-waistband-type pants are allowed.
- No logos, stripes, patterns or embellishments.

**Mass Attire:**

**Girls**—Skirts, skorts or dresses in Kirk plaid with **White polo ONLY**. Hair ties in white or navy blue or plaid.

**Boys**—Navy blue pants with **White polo ONLY** and navy blue sweater vest with approved logo.

**\*\*\*SHORTS WILL NOT BE WORN TO MASS\*\*\***

**STUDENTS MAY CHANGE AFTER MASS**

**Footwear/socks:**

- Athletic shoes are the only acceptable footwear for safety reasons and to protect the school's wooden floors. No light-up shoes, rollers, high heels or distracting shoes as determined by administration.
- Shoes with laces. Laces must be tied at all times. Boots may be worn on rainy and snowy days only, but students must have athletic shoes to change into in the classroom.
- Solid navy or white socks/tights/leggings can be worn. Socks must cover the ankle: socks that are not visible are not allowed. All socks must be white, navy blue, or

black with no trim, ruffles, or lace.No stripes, patterns or embellishments on socks or tights

### **Headwear/Hats:**

- Headwear/Hats of any kind may not be worn with the exception of winter hats during recess.

### **Outerwear:**

- Jackets worn for outside warmth must be removed while inside the classroom.
- Hats, gloves, snow pants (when reasonable), and snow boots are recommended for recess in the winter. Snow pants or snow boots are not to be worn in the classroom.

### **Hair:**

- Must be clean, neat, trimmed, and kept out of the face.
- For boys, the eyes and ears should be visible and hair should be above the collar.
- No fad haircuts or styles are allowed for boys or girls, this includes but not limited to mohawks, step-cuts, shaved designs.
- The color of all students' hair will be of a "natural" color, any deviations will not be allowed.
- Headbands and hair ties in white, navy blue or Kirk plaid are acceptable.
- Woven in feathers, string, beads, material, or flowers are not allowed as accessories for hair.

### **Accessories:**

- Belts are not required. If worn, they must be plain black or navy blue with simple buckles.
- Boys may not wear earrings or other decorative jewelry.
- Girls may wear simple stud earrings only.
- Religious items are not considered decorative jewelry and are allowed for boys and girls. This includes, but is not limited to, bracelets and necklaces.
- No students may wear nail polish, fake nails, temporary tattoos, or make-up.

### **Every Friday (Spirit Day):**

- Students are allowed to wear a St. Ed's t-shirt along with uniform pants, shorts, skorts, or skirts. Middle School (6th & 7th grades) have free dress every Friday

### **Last Friday of the month (Casual Dress Day):**

- Clothes should be appropriate, clean, modest, and in good taste for a Catholic School. For example, no tank tops, muscle shirts, short shorts, ill-fitting or costumes.
- Shorts, pants, jeans, and shirts must be without holes, frays or patches.
- Leggings, worn without skirts, should be covered with shirts that fall below the rear end.
- Shorts and jeans must be worn at the waist.
- No inappropriate logos on shirts.
- Appropriate shoes must be worn (cover toes and heels).

- **Preschool Students:**
- Preschool students DO NOT need to dress in uniform attire.
- Parents will provide a change of clothing that will be left in the preschool student's backpack.
- Requirements for preschool:
  - athletic shoes or others that cover the toes and heels (no sandals, flip flops, or high heels)
  - girls must wear leggings/tights or shorts with skirts and dresses
  - no costumes
  - no tank tops
  - see "Casual Dress Day" for further instructions

The administrator will make final decisions regarding apparel, hair or accessories considered inappropriate, dangerous, or distracting from the learning environment.

### **St. Edward's Library Policy:**

Students in kindergarten through 4th grade will attend the library once a week. 2nd through 4th will be allowed to check out two books at a time. 1st graders will be allowed one book at a time and kindergarten will not check out books to keep. 5th through 7th graders will be allowed to check out books through their reading/language teachers at a convenient time for them. Students will need their library card in order to check out books and will be required to return or renew within a two week period. Students/Parents will be assessed a fine at the end of the year for any lost, missing, or late returns. Students will be given a library card that will be kept with the

classroom teacher, if a replacement card is necessary it will be a \$0.50 fine.

### **School Visitors/Volunteers**

All visitors to the school must sign in at the office. Parents or visitors must be cleared by the front office to go to the classrooms. Parents picking up children at the end of the day need not sign in. For the safety of the children the only outside doors that remain unlocked during the school day are the front doors on the main floor.

**Any person that wishes to volunteer in the school, interact with St. Edward's students or act as a chaperone must:**

- **create and maintain a up-to-date profile on [cmgconnect.org](http://cmgconnect.org)**
- **complete the Diocesan "Safe Environment Program" training--either face to face (year 1) or on-line (subsequent years)**
- **complete a Diocesan background check and be cleared**
- **if driving, volunteers must complete the aforementioned items and complete a driver's information sheet**

### **Volunteers/Fundraising**

St. Edward's School receives its funding from tuition, parish subsidies, donations, and fundraising. As a school community we have the responsibility to participate in the ongoing financial stability of the school. Family participation through volunteering in a variety of capacities, participating in fundraising events, and paying tuition as agreed is crucial in keeping the school financially stable. Volunteering and fundraising account for approximately 25% of the general

budget each year. It keeps the cost of tuition down. In keeping with this goal, each family is required to agree to 21 hours of time (per family) per year to the school or pay \$50.00 an hour for each hour not completed. The volunteer hours are allocated as follows:

- **Mandatory 4 volunteer hours** per family for the Benefit Dinner.
- **Mandatory 2 volunteer hours** per family for the Harvest Festival.
- **Mandatory 4 volunteer hours** per family for PTO fundraisers, such as the golf tournament, the 5K Fun Run, Sees Candy Sale or any other activity noted by the PTO president.
- **Mandatory 11 volunteer hours** to the school which can be fulfilled in a variety of capacities (assisting classroom teacher, facility maintenance, ground maintenance). Time given to the Benefit Dinner and Auction in excess of 4 hours and Harvest Festival in excess of 2 hrs. may be applied towards the 11 hours.
- Exceptions to the volunteer hours can be made by administration for other acts of service that may include but are not limited to snow removal, construction work, deep cleaning during the summer.

### **Attendance policy**

In the event that a student is absent, the office must be notified by the parent as soon as possible. Parents may request homework via email for a long-term absence. All students (K-5) are required to be in attendance at least 90% of the time. If a student is absent more than 10% of the required days, a student's promotion to the next grade level may be affected and will be assessed by the teacher and administration on a case-by-case basis.

Factors affecting the decision include classroom performance by the student and reasons for the absences. Students arriving to class after the scheduled start time in the morning will be counted tardy. Three tardies are equal to one absence. In the event that a student is absent the office must be notified by the parent as soon as possible; arrangements for homework can be made at that time.

### **Student Arrival and Dismissal**

Students should not arrive at school prior to 7:30 AM. Breakfast is served beginning at 7:30. Students arriving before 8:15 may enter through the front or back doors of the main floor and should go directly to the basement in order to be under adult supervision until the first bell rings at 8:15 AM. Students will not be allowed into their classrooms until 8:15 AM; classes begin at 8:25 AM. Students will be dismissed at 3:30 PM.

**Students who are not picked-up by 3:45 will be sent to the after-school program and the parents will be charged for after-school care.**

Parents entering the building to pick your child(ren) can park at the parish hall and in spaces at the city park. The back parking lot area will not open until 3:30 for the safety of the students and will only be a loading zone NOT a parking lot. Cars CANNOT be parked on 7th street while waiting for the gates to open.

**DO NOT PARK IN THE BACK LOT OR DIRECTLY IN FRONT OF BUILDING WHEN PICKING UP CHILDREN AFTER SCHOOL!**

## Mass Attendance

Students in kindergarten through 5th grade will attend Mass on a weekly basis. If you want to attend Mass on Wednesdays with your child(ren) we ask that you have your child(ren) come to school, walk over with their class and then they can come sit with you/guests in the pews. At the end of Mass students will be asked to return to their class and walk back to school. Students are expected to participate in Mass to the best of their age/ability.

## Homework Policy and Table

We believe in the value of regularly scheduled and well-designed homework assignments. **If you have any concerns about homework, please contact your child's teacher.**

Homework provides for our students:

- Building blocks to form life-long study habits in self-discipline and time management.
- Necessary reinforcement of a new process or academic skill.
- Opportunity to apply new knowledge and skills.
- Enrichment and extension of content knowledge and reasoning skills.
- Ownership, responsibility, and accountability for learning.

Homework provides for our parents opportunities to:

- Form an educational partnership with their children
- Offer one-on-one instructional help for their children
- Read with their children nightly

## Homework Policy and Table

AVERAGE NIGHTLY HOMEWORK TIME PER GRADE	
Kindergarten	5 minutes
Grade 1	10 minutes
Grade 2	20 minutes
Grade 3	30 minutes
Grade 4	40 minutes
Grade 5	50 minutes

The amount of time required to complete an assignment may vary depending on the ability and study habits of an individual student; however, the above table suggests an average amount of time typically required for each age group.

## Reporting Progress

Parent/Teacher Conferences are held for grades preschool through 5th grade twice yearly. Fall conferences are highly encouraged/required so that progress can be discussed. Spring conferences are optional and can be requested by parents, students or teachers based on the needs of the students. School-wide learning expectations will be assessed on the report card in order to communicate the progress of the student in their faith, social/emotional skills and daily habits.

Preschool through 5th grade will be using standards based report cards using the following scale:

3	Student has a complete understanding of the concept and is able to work independently.
2	Student has some understanding of the concept and is able to work independently some of the time.
1	Student has little understanding of the concept and need a lot of support from the teacher.

### **Report Cards**

Report cards are distributed at the end of the trimester. Preschool students who are age appropriate for kindergarten, will receive an assessment at the beginning of the school year and end of the school to determine readiness for school.

### **Promotions and Retentions**

Students are promoted to the next grade level if they successfully complete their coursework for a given year. Students are retained in the same grade if the parents, teacher, and principal agree that the student would benefit from another year of instruction at that level.

### **Medication Policy**

All medication, prescription or over the counter, will be dispensed to students only when the parent has written instructions, under what conditions, and in what dosage the medicine is to be given. Medication not in the original container, if prescription, should display the child's name, dosage and date. Medication will be kept in the school office and administered by a designated staff person. This includes

but is not limited to: cough drops, allergy medication, acetaminophen or other pain medications.

### **Information (emergency/non-emergency)**

**Newsletters**--Parents will receive a log-in to the FACTS Family Portal to receive all newsletters, report cards, or general announcements. Paper copies **MAY** be sent out by the teacher upon request.

**Text Messages**--Parents will also receive text messages through **remind.com** (you **DO NOT** need to have the app). This will be used for snow days, information on field trips, and general reminders of special events. It will **NOT** be used in lieu of a newsletter. It is a parental responsibility to notify the office if a cell phone number has changed so that they can continue receiving notifications on their phones.

**Website**--[www.sainteddie.org](http://www.sainteddie.org) will have the principal newsletter updated weekly, the school calendar, and updated lunch menus monthly.

**Email**--parents will have access to teacher and administration email for questions or concerns. Response time will not be immediate and parents should expect a 24-48 hour response time (based on business days).

**Conferences**--fall conferences will be held at the end of the first trimester for preschool through 4th grade.

**Level of Concerns**--issues that arise need to be addressed at the level they exist. If students or parents have a concern in the classroom then the teacher should be addressed first with administration as the back-up.

## **Student Communication From School**

Students will only be allowed to use the office phone in a case of emergency.

Personal communication devices are only to be used to communicate with parents before or after school. Devices must be turned off during the day and stored in an appropriate location (ie locker or backpack). Devices that are being used during the school day will be confiscated by the administration and parents will have to pick up the device at their convenience. The school will not take responsibility for any lost or stolen devices.

## **Emergency Drills**

Monthly fire and lockdown drills are conducted to ensure the safety of students and staff members in the event of a real emergency.

## **Field Trip Policy**

Field trips are a privilege, not a right. Students can be denied participation if they fail to meet the academic or behavior requirement. These trips are planned by the teachers, in consultation with the principal, and are educational in nature. Parents/Guardians have the right to refuse to allow their child/children to go on the field trip. Students who do not attend a field trip with their class will complete an alternative assignment at school. Any students without permission for a field trip will be placed in another classroom or the office for the time that the class is on the field trip. Buses will be used for long-distance single trips whenever feasible. Local trips may be taken by private vehicle.

Parents who drive must:

- Complete and sign any grade level permission slips necessary and any permission slips needed by the venue.
- Sign and turn in "acceptance of responsibility" and "Driver Information" forms
- Provide a valid and up-to-date copy of a driver's license and insurance card
- Complete all other volunteer/chaperone criteria as previously noted

**Some field trip locations may have limited space available; therefore all non-students under the age of 18 must get approval by teacher or administration. All adults over 18 MUST complete the "Safe Environment Training" and Diocesan background check.**

## **FOOD/WELLNESS POLICY**

St. Edward's Catholic School strives to support a school environment that enhances the ability of students to learn and achieve. Since it is well established that health and well-being are key components to a student's ability to learn and achieve, St. Edward's School shall work to provide students with a healthy environment. The goal of the School Wellness Committee is to encourage a healthy lifestyle for students by providing nutrition education, promoting healthy food choices, providing opportunities for physical activity, and other school-based wellness activities. The school will engage individuals from the school and community to participate in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

**SCHOOL WELLNESS COMMITTEE** The school wellness committee shall encourage participation from the following stakeholders: school administration, the school board, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

**SCHOOL NUTRITION PROGRAMS** The school's nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, and beverages that comply with current USDA regulations. In order to adhere to these nutrition standards, the school nutrition program will serve a variety of whole grains, fruits, vegetables, and low fat dairy products. Water will be available to students at no charge in the place where meals are served during meal service. The school will either employ, or consult with, registered dietitians to review the menu and ensure that it meets federal guidelines. The Food Service Director shall solicit feedback from students, staff, and parents regarding the offered foods and beverages. Nutritional information such as calories, saturated fat, and sodium content of foods shall be made available upon request. Our school will provide adequate time to eat during meal periods. Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once they are seated. To the extent possible, school, recess, will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities. The Food Service Director will utilize a full Hazard Analysis and Critical Control Points (HACCP) Plan to ensure food safety practices

are implemented and followed. To the maximum extent practicable, our school will participate in available federal school meal programs, including the School Breakfast Program, and National School Lunch Program. School meals served through the National School Lunch and Breakfast Programs will meet or exceed nutrition and meal pattern requirements established by local, state, and federal statutes and regulations.

**FREE AND REDUCED PRICED MEALS:** The school will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

**All Foods and Beverages Sold in Schools** All foods and beverages sold to students on the school campus will comply with Smart Snack Regulations. The school will utilize the Alliance for a Healthier Generation's Smart Snack Product Calculator to determine product compliance when considering food items to sell to students during the school day. Per USDA, the school day is defined as midnight the night before to 30 min after the end of the instructional day. Food and beverage marketing and advertising will be limited to only those foods and beverages that align with the most recent Dietary Guidelines for Americans.

**FUNDRAISING** All foods sold to students must be tracked and compared to Smart Snack standards. If foods and beverages do not follow the Smart Snacks regulations, the fundraising organization must request an exemption from the appointed district administrator. Per Idaho policy, a district may have ten (10) exempted fundraisers per school year per school site. Fundraisers requiring an exemption may not be longer than four (4) consecutive days in duration and exempt food and

beverage items may not be sold in district food service areas during meal service. A designee of the School Wellness Committee will be available to meet with student fundraising organizations to communicate Smart Snacks standards should case-specific questions arise. The Smart Snacks regulations do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

**OTHER FOODS AND BEVERAGES IN SCHOOLS** Celebrations and Snacks Classroom celebrations and snacks served during the school day or in after-school programs will emphasize healthy choices, such as fruits and vegetables, as the primary snacks and water as the primary beverage. Our school will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age, and other pertinent factors. The school wellness committee will develop a list of recommended healthy snack and beverage items to provide to teachers, after-school program personnel, and parents. This list will be utilized when planning classroom snacks, school sponsored parties, social events, and school functions.

**Food as Rewards** Teachers are prohibited from using food as a reward for students and will not withhold food or beverages as a punishment. The school wellness committee recommends the following as appropriate alternative reward systems that incorporate social rewards, recognition and praise, privileges, and opportunities for classroom physical activity, free dress day, or additional recess.

**NUTRITION PROMOTION** St. Edward's School will encourage students to make healthy food choices using nutrition promotion techniques such as: 1. Encouraging staff to model

healthy eating/drinking behaviors 2. Utilizing Smarter Lunchrooms techniques, such as signage and product placement, when appropriate and attainable 3. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences 4. Participating in Farm to School activities.

**NUTRITION EDUCATION** The school board will adopt and implement a comprehensive health and physical education curriculum in line with the Idaho standards for health and physical education. Additional standards-based nutrition education will be offered in each grade as either a stand-alone unit or integrated into other core subjects, such as math, science, language arts, and social sciences. 1. Curriculum will link nutrition education with the school food environment and focus on behavior focused skills, such as meal planning, recognizing food groups, and reading food labels to evaluate the quality of different foods. 2. Classrooms, hallways, gymnasiums, and dining areas will utilize regularly updated nutrition and health posters and signage to educate students on nutrition concepts. 3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to apply learning in school-wide activities such as contests, surveys, promotions, food demonstrations and taste-testing, voting for recipe names, cafeteria design or décor challenges, and farm visits.

**PHYSICAL ACTIVITY** This School's goal is to provide opportunities for every student to develop the knowledge, skills, and capacity to be physically active throughout their life. This includes providing opportunities to maintain physical fitness; reduce sedentary time; and develop and enhance social skills and self-esteem for students of all levels of

physical ability.

The physical education curriculum will be aligned with state and national standards for physical education. Class sizes will be limited to a maximum of thirty (30) students per instructor and be offered 3 times weekly. Waivers, exemptions, and substitutions will be considered on a case by case basis. A student substituting for physical education must demonstrate proficiency of physical education standards.

In addition to physical education, the district will provide other opportunities for physical activity for each grade by utilizing a comprehensive physical activity program (CSPAP) plan which encompasses: 1. Active transportation to and from school. 2. Opportunities for physical activity before and after school, by promoting Parks and Recreation sports. 3. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students. 4. Engaging staff, families, and communities to join and support physical activity initiatives. Teachers and other school personnel are prohibited from withholding opportunities for physical activity such as recess or physical education as punishment. Physical activities, such as push-ups or running, will not be used as a disciplinary measure as this serves to decrease a student's intrinsic motivation to pursue these activities.

**OTHER SCHOOL-BASED WELLNESS ACTIVITIES** District goals regarding other school-based wellness activities will include: 1. Developing and implementing a staff wellness program that encourages school staff to serve as role models to students and practice healthy eating, physical activity, and other healthful activities 2. Holding a yearly activity based fundraiser, to encourage physical activity, and community involvement. 3. Implementing and sustaining Farm to Cafeteria activities that

promote healthy eating via student participation 4. Initiating and sustaining a recycling/environmental stewardship program 5. Applying for state and/or national awards and grants that support a healthy school environment, such as the Healthier US School Challenge, Physical Education Program grants, or Fuel Up to Play 60 grants

**MONITORING** Angela Hild will monitor and ensure adherence to the wellness policy in their school. The food service director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to Angela Hild (Principal). Reporting of adherence to the wellness policy shall take place Annually.

**ASSESSMENT** On an annual basis, the wellness committee will conduct an assessment and develop a summary report on school-wide compliance with this policy based on input from students, families, and school stakeholders. The assessment and report will include the extent to which schools are in compliance with this policy. The report will be made available to the public at the school and posted on the school's website, as well as provided to the school board, the school wellness committee(s), parent/teacher organizations, and school administrators.

## NOTICE

The school will include this policy on the schools website.  
**LEGAL REFERENCE:** Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010). Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204 42 U.S.C. § 1751, et seq. 42 U.S.C. § 1771, et seq.

References: 1. GenYouth Foundation, National Dairy Council, American College of Sports Medicine, and American School Health Association, comps. *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*. Rep. GenYouth Foundation, 2013. Print. 2. Alliance for a Healthier Generation. "Non-Food Rewards." *Non-Food Rewards*. 2016. Web. 24 Mar. 2016.

**May God bless you and your family now and forever.**

